

Two-Grain Raisin Muffins

Makes: 24 or 96 servings

| Ingredients | 24 Servings | | 96 Servings | |
|---------------------------------------|-------------|-----------------|-------------|---------------------|
| | Weight | Measure | Weight | Measure |
| All purpose flour | 6 oz | 1 1/2 cups | 1 lb 8 oz | 6 cups |
| Whole wheat flour | 7 oz | 1 1/2 cups | 1 lb 12 oz | 6 cups |
| Quick-cooking oats | 5 oz | 2 cups | 1 lb 4 oz | 2 qts |
| baking powder | 1 1/2 oz | 2 Tbsp | 6 oz | 3/4 cup |
| Nuts, chopped (optional) | 4 oz | 1 1/4 cups | 1 lb | 5 cups |
| Raisins | 13 oz | 2 cups | 3 lb 4 oz | 2 qts |
| Cooked/canned sweet potatoes, drained | 8 oz | 2 cups | 2 lb | 2 qts |
| Lowfat milk | 13 oz | 1 1/2 cups | 3 lb 4 oz | 6 cups |
| Vegetable oil | 4 oz | 1/2 cup | 15 oz | 2 cups |
| Eggs | 3 1/2 oz | 2 eggs (6 Tbsp) | 14 oz | 8 eggs (1 1/2 cups) |
| Vanilla extract | | 4 tsp | 3 oz | 1/3 cup |

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 193 | |
| Total Fat | 6 g | |
| Protein | 5 g | |
| Carbohydrates | 32 g | |
| Dietary Fiber | 3 g | |
| Saturated Fat | 1 g | |
| Sodium | 200 mg | |

Directions

1. Combine the flours, oats, baking powder and nuts in mixer bowl. Mix well.
2. Process raisins and sweet potatoes with milk in blender or food processor until smooth. Add to mixer bowl along with remaining milk, vegetable oil, eggs, and vanilla. Mix until dry ingredients are just moistened. Do not over mix.
3. Portion batter using No. 16 scoop into paper-lined muffin tins. Bake 15 to 20 minutes at 375 F.

Notes

Serving Tips:

Substitute carrots for the sweet potatoes, if desired.